



JANUARY RESET

NAME

Turn your completed sheet in at the end of the month, receive 25 wellness points and be entered into a drawing.

WEEK 1 REFLECTION

1. Wins for 2023
2. Losses for 2023
3. Goals I reached in 2023
4. I wish I'd had _____ in 2023.
5. This year, I need to cut out...
6. This year, I need to add...

WEEK 2 RIGHT NOW

1. Right now I'm loving...
2. Right now I'm desiring...
3. Right now I'm feeling...
4. Right now I'm wishing...
5. Right now I'm thinking about...
6. Right now I'm needing...

WEEK 3 GOALS

1. A personal goal for this year
2. A work goal for this year
3. A health goal for this year
4. A relationship goal for this year
5. A friendship goal for this year
6. A home goal for this year